

### ABSTRACT OF THE DISCLOSURE

An ink jet printing method having the steps of: A) providing an ink jet printer that is responsive to digital data signals; B) loading the printer with ink jet recording element having a support having thereon an image-receiving layer of inorganic particles and stabilizer particles, the stabilizer particles being free of any organic solvent and being greater than about 80% by weight of a water-insoluble antioxidant and having a mean particle size of greater than about 5 nm, the inorganic particles being greater than about 50% by weight of the image-receiving layer; C) loading the printer with an ink jet ink composition; and D) printing on the image-receiving layer using the ink jet ink composition in response to the digital data signals.